

This week: **Cosmetic dentistry**

From this...



...to this!

"I won the perfect smile"

It was a dream come true for Emma Goldsmith, 33, when she won Sunday's Smile Makeover competition

Emma Goldsmith, a sales assistant from Hatfield in Hertfordshire, had been saving for years to have treatment on her stained and crooked teeth, but reckoned it'd take a win on the National Lottery to solve her problems.

"I've always been self-conscious about my teeth," says Emma, a mum of two. "They've been uneven since I was a teenager, and it didn't help when I started smoking as they ended up getting badly stained."

Emma's teeth not only stopped her smiling – they made her life a misery.

"My friends used to tell me off for covering my face when I talked and I was horrified to find out that I was beginning to lose the bone through gum disease. I started to use whitening toothpaste, but my fear of dentists stopped me getting help when I needed it."

Before Emma could begin her transformation, Dr Bhavna Doshi of the Perfect Smile Studio first had to convince her that although the treatment might be uncomfortable, it would be worth it.

"Emma's teeth needed dramatic reshaping and

the easiest and most effective way to do it was to place porcelain veneers on top," she explains. "This changes the shape, colour and position of existing teeth and strengthens weak teeth."

The treatment took around 12 hours over two appointments and Emma took boyfriend Ricky along to hold her hand.

"I can't deny it was a little painful but not nearly as bad as I thought it would be," she says. "When I took the first look at my new smile I knew it had all been worth it. My teeth looked so bright and fresh. I looked like a film star."

Unlike some cosmetic treatments, Emma's teeth won't need yearly whitening treatments and the veneers won't stain with tea, coffee or wine.

"The latest techniques mean we can personalise teeth, giving them texture and a life-like finish by using a variety of colours to make them look real," explains Dr Doshi.

To put the finishing touch to her new smile, Emma had a Sculptra dermal injection treatment just below the skin's surface to stimulate the build-up

of collagen to smooth and plump out wrinkles.

"The treatment is perfect for the kind of sunken lines Emma has around her mouth. The smoothing benefits last for around two years, which is great if you have an aversion to needles!" says Dr Doshi.

Emma has promised to give up smoking to protect her new smile and to watch what she eats.

"The clinic gives you lots of nutrition advice so you can keep your teeth healthy," she says. "I'm also having regular hygiene check-ups."

Emma's friends can't believe how confident she's become. "Each time I look at myself I can't believe how perfect my teeth are. I can't stop smiling!"

"My new teeth looked so bright and fresh"

Fact file

● Emma's treatment was carried out by The Perfect Smile Studio, with prices from £8,000 for porcelain veneers and from £400 for Sculptra treatment. Call 01992 552115 or visit www.theperfectsmile.co.uk.

● For more details on Sculptra treatment in your area, write to Eastbarn, Grange Farm, Ardingly Road, Lindfield, West Sussex RH16 2QY.